

Therapeutic Intervention  
**Refresher**  
**Certificate of Attendance**

Awarded to:

Ashley Norman

Therapeutic Intervention and Personal Safety Training Refresher

*PHYXIUS*

Provided by Phyxius Inc.

The class content includes information on the reasons behind behavior problems, strategies to avoid confrontations, and personal safety techniques to protect the safety of self and others.

Class Hours = 3.23hr

**Instructors: Amber Jacobson BS, DM, MHP, WBA**  
**Nick Tran Assistant Director, MHA, BS**  
**Brandon Jensen Assistant Director**  
**Samantha Hopp Operation Supervisor**  
**Christina Anderson Operation Supervisor**

  
Instructor Signature

5/17/24  
Date

Staff Name: Ashley Norman Date: 5/15/24 Program/Home: Theta

**Therapeutic Intervention and Personal Safety Training  
Phyxius Inc.**

**Personal Safety Techniques**

<b>Techniques</b>	<b>Date Reviewed/Taught</b>	<b>Trainer Initials / Comments</b>		
Personal Awareness	5/15/24	CA		
Therapeutic Distance				
Basic Stance				
Glides and Pivots				
<b>Blocks</b>				
Inside Block				
Outside Block				
2 Handed Overhead				
<b>Wrist Release</b>				
1 Handed				
6 to 12 Release				
<b>Chest Grasp</b>				
Outside Block				
Down Block				
<b>Release from Bites</b>				
Anchor into mouth				
<b>Release from Hair Pull</b>				
Two Handed Outside				
Rear				
<b>Escorts</b>				
Simple				
Wrist Grab				
Cross Arm				
2 Person Come A-Long				
<b>Containment/Takedowns</b>				
Arm Bar				
Side Lying Position				
			✓	✓

**Always caution force required depending upon client**  
**Therapeutic Intervention and Personal Safety Training**  
*Providing Safety for Self and Others*

- b. De-escalation methods, positive support strategies, and how to avoid power struggles;
- c. Simulated experiences of administering and receiving manual restraint procedures allowed by the program on an emergency basis;
- d. How to properly identify thresholds for implementing and ceasing restrictive procedures;
- e. How to recognize, monitor, and respond to the person's physical signs of distress including positional asphyxia;
- f. The physiological and psychological impact on the person and the staff when restrictive procedures are used;
- g. The communicative intent of behaviors; and
- h. Relationship building

Date Trained: 5/15/24  
Staff Training Ashley Norman